

HAPPY ENDINGS

March is Workplace Eye Health and Safety Month, a good time to trot out the old saying that hindsight is 20/20. But eye protection can make your *foresight* 20/20, as these workers found out:

- Barb was transferring a highly caustic liquid from a drum into a smaller container when her hand slipped and she dropped the small container. Some of the liquid splashed up into her face. But because she was wearing safety goggles and a face shield, instead of a serious eye injury, all she had to do was clean up the spill and her PPE and get back to work.
- Dennis was coming to the end of a long shift at his drill press. Finishing up the last piece, he raised the drill bit a little too fast and a small sliver of metal sliced through the air toward his left eye. His safety glasses deflected the perilous projectile and protected his eye from injury.
- Nick was getting a shipment ready to go out the next day using his air-pressured staple gun to seal the boxes. Somehow, as he raised the gun to staple another box, it flipped in his hand so that it was now pointed directly at his face. It was too late for Nick to react. His finger had already pulled the trigger. The staple shattered the lens of his safety glasses, but thankfully Nick's eye was OK.

Make sure your foresight is 20/20 this month and all year long: Never start a job unless your eyes are well protected.

SafetyWorks

Marine Operations Center

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Eye on Safety

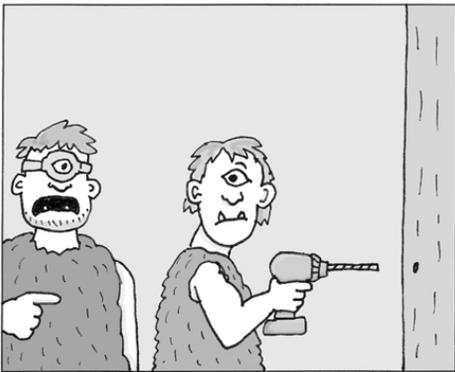
What do you know about eye protection?

Circle T for true or F for false after reading each statement below:

1. Eyewear should be equipped with side shields to protect against flying objects. T F
2. After you clean your eye protection, store it in the open air. T F
3. Wear safety glasses with side shields to protect your eyes from dust, vapors, fumes, and mists. T F
4. Flush your eye with water for 15 minutes and get medical attention if chemicals splash in your eye. T F
5. It's safe to wear contacts when exposed to dust, vapors, or splashes as long as you wear a face shield. T F
6. To get a good fit with safety goggles, make sure that the sidepieces touch the side of your head and curl behind your ears. T F
7. Replace protective eyewear lenses right away if they become so pitted or scratched that you cannot see through them clearly. T F
8. Always select eyewear that protects you against the minimum level of potential hazard. T F
9. Inspect your eye protection for damage at least once a week. T F
10. If you get a particle in your eye, rub it until tears wash the particle out. T F

Answers:

- (1) True. But if there are a lot of flying particles, wear a face shield over goggles for the best protection.
- (2) False. Store eye protection in a closed container to prevent damage and keep out dust and dampness.
- (3) False. Use offset ventilated safety goggles with a face shield.
- (4) True.
- (5) False. Never wear contacts when exposed to these conditions.
- (6) False. Adjust the strap and place it low on the back of your head.
- (7) True.
- (8) False. Always select eyewear that protects against the *maximum* level of potential hazard.
- (9) False. Inspect eye protection before each use.
- (10) False. *Never* rub your eye. Flush your eye with water until the particle comes out. If the particle doesn't rinse out, cover both eyes and get medical attention.



“Hey—where’s your goggle?”



It's a Real Shocker

Are you safe around electricity?

You will be if you can honestly answer YES for every one of these questions.

YES NO

Electrical Equipment

- Do you keep the area around electrical equipment clear of combustible materials like paper and cardboard? YES NO
- Do you make sure no metal comes into contact with anything electrical? YES NO
- Do you always avoid touching anything electrical with wet hands? YES NO
- Do you turn off any electrical equipment that smokes, smells, sparks, shocks, or trips a circuit, and report it immediately? YES NO
- Do you use GFCIs if you are working in a wet area? YES NO

Cords, Plugs, and Outlets

- Do you check insulation on cords to make sure it's in good condition? YES NO
- Do you always match plugs to outlets? YES NO
- Do you check to make sure electrical connections are tight? YES NO
- Do you take care not to overload outlets or circuits? YES NO
- Do you use extension cords only when necessary and only if they are rated high enough for the job? YES NO
- Outdoors, in wet areas, or in areas where there are flammable materials, do you use only cords approved for the purpose? YES NO

Repairs and Maintenance

- Do you leave electrical repairs and maintenance to authorized personnel? YES NO

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WORKPLACE VIOLENCE ALERT

These days everyone needs to be aware of the potential for violence in the workplace. Learn to recognize situations that could invite violent incidents, such as:

- Going into dark, unpatrolled parking areas alone.
- Failing to report burned out lights in halls and stairwells, at entrances and exits, along pathways, and in parking areas.
- Entering elevators alone with strangers after hours or when suspicions are aroused by the stranger's behavior.
- Failing to report unidentified people in restricted access areas of the facility or any suspicious individuals or activity.
- Working alone or in an isolated location after normal business hours without letting someone know where you are and without having easy access to a phone.
- Allowing nonemployees into the facility without following proper sign-in procedures and at hours or locations where visitors are not permitted.
- Lending a key or an identification card, badge, or security code to anyone.

KNOWLEDGE IS POWER

Knowing how to do a job properly means knowing how to do it safely. For example, you need to know about:

- Hazards present in your work area
- Hazards of the equipment you use
- Physical and health hazards of the materials you use
- Safety rules and procedures for preventing accidents
- Required personal protective equipment



Riding the New Wave

Are you ready to handle new equipment safely?

Circle T for true or F for false after reading each statement below:

1. Ask a co-worker if you have questions about how to operate a new piece of equipment. T F
2. New equipment may introduce new hazards. T F
3. PPE is not required for operating most equipment. T F
4. You don't need to be checked out on new equipment if you've read the instruction manual. T F
5. Recommended start-up and shutdown procedures are guidelines that you don't need to follow when you know the equipment. T F

Answers:

- (1) False. Ask your supervisor. A co-worker might not know the correct information about a new piece of equipment.
- (2) True.
- (3) False. PPE is frequently required when operating equipment. Eye protection, hearing protection, or head protection may be required, depending on the type of equipment.
- (4) False. Always get checked out by your supervisor before you operate new equipment, even if you think you know how to use it safely.
- (5) False. Always follow the recommended start-up and shutdown procedures, or you might damage the equipment or get injured.



Eating Healthy

If you are what you eat, what are you?

The Centers for Disease Control and Prevention (CDC) recommend including five to nine servings of fruit and vegetables in your family's daily diet.

What's a serving?

- 3/4 cup or 6 ounces of 100 percent fruit or vegetable juice
- 1/2 cup raw, cooked, canned, or frozen fruit or vegetables
- 1/2 cup cooked, canned, or frozen peas or beans
- 1 cup raw, leafy vegetables
- 1 medium size fruit
- 1/4 cup dried fruit

Nutritionists also say it's easier than you think to eat healthier. For example:

- 🎯 **For breakfast** add fruit to cereal or yogurt. Drink 100 percent juice.
- 🎯 **For lunch** pack a pita full of chopped veggies, have a salad, eat warm and tasty vegetable soup, or fill a baggie with cut fruits or veggies to munch on.
- 🎯 **For snacks** fill ice cube trays with 100 percent juice, stick in toothpicks, and enjoy mini-popsicles in no time.
- 🎯 **For dinner** serve two vegetables and a salad along with your main course.

March is National Nutrition Month, which makes this the perfect time to start eating healthier. You'll look and feel better—and live longer!

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HOW SAFE ARE YOUR WORK SHOES?

Keeping your feet safe on the job means wearing safety shoes AND making sure your work shoes are in good, safe condition.

- If soles are worn thin or have holes in them, they won't be able to protect you if you step on something sharp, like a nail.
- If the uppers are separating from the soles, your feet are exposed to hazards.
- If your heels are all worn down, you could lose your balance or sprain your ankle.
- If the laces are too long, they could get caught in machinery or trip you up.

Get your safety shoes repaired or replaced whenever necessary.

THE SAFETY CHAIN

They say a chain is only as strong as its weakest link. Around here we can't afford to have any weak links in our safety chain.

Weak links ignore safety hazards. They take risks and cut corners. They fool around and get careless. They think they won't get hurt—and they don't seem to care if someone else gets hurt because of their unsafe behavior.

Encourage all your co-workers to be strong links in the safety chain that protects us all.

ANGER = (D)ANGER

Ever notice that the word "anger" is only one letter away from the word "danger"? Anger and safety don't mix. If you get riled up on the job, take a minute to cool down before you get back to work.

Why Risk It?

Get smart about materials handling safety

Just about every job involves materials handling—even if it's only hefting an occasional box of supplies. Whether you're moving materials manually or using materials handling equipment, like hand trucks or pallet lifts, you need to know the hazards and take proper precautions. After all, why risk it, especially when materials handling accidents are a leading cause of workplace injuries?

Follow these simple safety rules:

- 🎯 **Plan ahead**—don't make a move until you've thought it out.
- 🎯 **Use common sense** and don't overdo it—get help with loads that are too heavy or bulky to handle alone.
- 🎯 **Keep alert** to hazards while you work.
- 🎯 **Follow all safety rules** related to your job, and don't take any chances.
- 🎯 **Use proper lifting and carrying techniques.**
- 🎯 **Handle hazardous materials properly**—consult material safety data sheets for safety precautions, and report any spills or leaks immediately.
- 🎯 **Always wear appropriate PPE.**
- 🎯 **Follow proper procedures** when using materials handling equipment—and don't overload it.
- 🎯 **Let co-workers know** what you're doing—and know what they are doing.
- 🎯 **Don't block aisles, passageways, or doorways**, and make sure you have sufficient clearance when moving through these areas.



Now See Here!

Why you need to use eye protection

According to Prevent Blindness America, an organization dedicated to eye safety on and off the job, 2,000 American workers sustain work-related eye injuries every day. Of that number, 10 percent to 20 percent will suffer a disabling injury. Some of them will be permanently blinded—at least in one eye.

The reason so many people suffer eye injuries is basically twofold:

1. They weren't wearing any eye protection.
2. They were wearing the *wrong kind* of protection. For example, maybe they were wearing safety glasses when they needed to be wearing goggles.

Experts say that probably 90 percent of all eye injuries are preventable. Prevent Blindness America says that you can help save your eyesight by:

- Knowing the eye hazards you face on the job—all of them, even the least-likely-to-happen ones.
- Eliminating all the hazards you can before you start a job—by using safe work practices and machine guards, screens, and other engineering controls.
- Selecting eye protection that is appropriate for the job you are doing and the hazards you are facing—and using that PPE whenever there is even a remote chance of eye injury (for example, you need to wear eye protection even when you are only passing through an area where eye hazards exist).



Spot Check

How safe are you right this minute?

Find out by checking “yes” or “no,” and totalling your check marks.

	Yes	No
⇒ Is the area around your workstation clear?	<input type="checkbox"/>	<input type="checkbox"/>
⇒ Are floors free of oil, grease, liquids, debris?	<input type="checkbox"/>	<input type="checkbox"/>
⇒ Is all trash placed in proper containers?	<input type="checkbox"/>	<input type="checkbox"/>
⇒ Are materials stored so they don't stick out and can't fall?	<input type="checkbox"/>	<input type="checkbox"/>
⇒ Are tools stored in their proper place?	<input type="checkbox"/>	<input type="checkbox"/>
⇒ Do you always use required PPE and check it before each use?	<input type="checkbox"/>	<input type="checkbox"/>
⇒ Is PPE properly maintained and stored?	<input type="checkbox"/>	<input type="checkbox"/>
⇒ Do you plan each task before you start and think about possible hazards and necessary precautions?	<input type="checkbox"/>	<input type="checkbox"/>
⇒ Do you always follow instructions and obey safety rules?	<input type="checkbox"/>	<input type="checkbox"/>
⇒ Do you keep alert for safety problems while you work?	<input type="checkbox"/>	<input type="checkbox"/>
⇒ Are you aware of others working around you?	<input type="checkbox"/>	<input type="checkbox"/>
⇒ Do you check with your supervisor before you start a job if you have any questions about how to perform it safely?	<input type="checkbox"/>	<input type="checkbox"/>
⇒ Is the equipment you use well maintained and operating properly?	<input type="checkbox"/>	<input type="checkbox"/>
TOTALS:	___	___

How did you do?

If you're safety conscious, you checked all “yes” boxes and no “no” boxes. The more “no” boxes you checked, the more at risk you are of having an accident.

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BE A SAFETY LEADER

Are you a leader when it comes to workplace safety? Do you always:

- Follow safety rules and procedures?
- Use assigned personal protective equipment?
- Ask questions when you're not sure about the safest way to proceed with a job?
- Remind co-workers when they're taking risks or getting careless?
- Attend safety training to learn the skills and information required to do a safe job?
- Choose the safe way even if it takes a little more time or effort?

WHAT SAFETY REALLY MEANS

Safety is:

- N** ever ignoring a safety problem or hazard.
- O** ffering ideas to make work safer.
- A** lways choosing the safest way to work.
- C** orrecting safety and health problems and reporting any you can't fix yourself.
- C** omparing notes with co-workers to make sure you all know the proper safety procedures and precautions.
- I** dentifying every hazard in the work area.
- D** eciding how to do a job before you start.
- E** liminating hazards and taking precautions for those you can't eliminate.
- N** ot taking risks or shortcuts.
- T** aking care in everything you do on the job—everyday.

Companies make safety rules and enforce policies—but they can't force you to have a positive safety attitude. That's up to you!